

# PROTECT YOURSELF & YOUR LOVED ONES

Latin/a/o/x in San Mateo County (SMC) are testing positive for COVID-19 at higher rates than others. Many are essential workers & live in multi-generational homes.

## WHAT YOU CAN DO

- **Wash hands frequently with soap & water, for at least 20 seconds:** Sing Happy Birthday twice while washing your hands.
- **Wear a face covering & cover your nose & mouth:** Face coverings are proven to reduce your chance of exposing others to COVID-19; they also demonstrate you care about your health and the health of those around you.
- **Keep at least 6 feet away from others:** Think of the length of a door.
- **Carry alcohol-based hand sanitizer:** For when you can't wash your hands.
- **Don't touch your face:** The virus is transmitted through mucous membranes in the mouth, nose & eyes.
- **Don't go to work or see others if you feel sick:** Call or see your doctor. Get tested, there is **free testing throughout SMC**. [www.projectbaseline.com/study/covid-19](http://www.projectbaseline.com/study/covid-19)
- **Don't hug, kiss or shake hands, as a greeting, with individuals that you do not live with:** Give wave or thumbs up.
- **Do not share food** with individuals outside of your home.
- **Avoid crowds:** Walk or ride a bike instead of taking a bus, avoid areas where people get together at work, use a path that has less people.

## OUR COMMUNITY HEALTH LEADERS

- **Stay Informed about COVID-19:** Call 211 or San Mateo County Managers Office: [www.smcgov.org](http://www.smcgov.org)
- **Office of Diversity and Equity:** [www.smchealth.org/bhrs/ode](http://www.smchealth.org/bhrs/ode)
- **Latino Collaborative:** [www.smchealth.org/latino-collaborative](http://www.smchealth.org/latino-collaborative)

## WHAT YOUR FAMILY CAN DO

- **Do not have family parties or public gatherings inside homes or buildings.**
- **Keep your space clean & clean it frequently:** Use diluted household bleach solutions, alcohol solutions with at least 70% alcohol, & most common EPA-registered household disinfectants.
- **Talk about the risks:** Hear your families concerns & make a commitment to not put others at risk.
- **If someone gets sick contact the doctor and isolate the individual:** Clean their things & area cautiously & with protection (mask, gloves, effective disinfectant).
- **Know your rights:** Seeking testing, prevention, or treatment of COVID-19 will not factor into a public charge determination.
- **Don't sing with individuals you do not live with:** The droplets that carry the virus can be propelled when singing & when we sing we take deep breaths putting us at higher risk.

## WHAT YOUR EMPLOYER CAN DO

- **Learn about paid sick leave:** The CDC recommends that all workplaces "implement flexible sick leave & supportive policies & practices." Farms are no exception.
- **Learn about health care:** San Mateo County Health provides medical care to uninsured & undocumented individuals.
- **Learn about California Paid Family Leave:** [www.edd.ca.gov/Disability/Am\\_I\\_Eligible\\_for\\_PFL\\_Benefits.htm](http://www.edd.ca.gov/Disability/Am_I_Eligible_for_PFL_Benefits.htm)
- **Learn about policies & wellness protocols:** It is not enough to have policies in place if the workers do not know about them or do not understand them. Make sure materials are translated.

## COVID-19 POSITIVE CASES AS OF 7/9/2020:

San Mateo County		California	
Latin/a/o/x testing positive:	49%	Latin/a/o/x testing positive:	55%
population:	24%	population:	39%
SMC disparity:	25%	Statewide disparity:	16%



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH & RECOVERY SERVICES**

**Dial 2-1-1** for non-emergency, non-medical calls  
[smchealth.org/coronavirus](http://smchealth.org/coronavirus)